

Of Interest to Every Woman

Edited by Martha Westover

Learning to Be Beautiful.

To Fill Out Chest, Neck and Shoulders

BY ABIGAIL MOORE.

The best method of filling out hollows in shoulders, chest and throat is by breathing exercises. Singers realize this, because chest expansion is their first study, and they acquire it by such exercises. Having formed the habit of correct breathing, the following exercise will help so materially that improvement may be noted from day to day.

Use on tiptoes, at the same time allowing the head to fall back slowly. Descend to position as the head is slowly raised. Repeat several times.

Then rise on tiptoes. Twist body to right, at the same time slowly turning head in opposite direction. Reverse the order. Turn back to position. Repeat.

It may be advisable to perform the exercise at first without rising on the toes. The rising, however, helps in acquiring posture necessary to shape neck and shoulders.

Inhalation and exhalation to a well-known and excellent exercise for filling out the throat and diminishing the hollow at the base of the neck. To raise the lower chest and fill in that depression just below the breastbone, massage with warm cocoa butter by placing the fingers here and there along the line to be treated, and moving the flesh under the skin with them in a rotary fashion. In addition stand with one arm stretched out shoulder high, and as you move it slowly and forcefully around in the same plane—describing as wide a circle possible—massage as above all around the shoulders.

In developing the throat by exercise of massage, there is always danger of spoiling the contour by enlarging glands and of stretching muscles till they are straggly. Hence, it is better to confine treatment to the breathing process and to putting in a nourishing skin food, and finally by dousing with cold water, all of which will combine to do marvels without any disagreeing reaction.

If the tops of the shoulders do not completely gracefully the side line of the neck, as is apt to be the case in excessive thinness, massage as above, supplemented by the following strenuous and trying exercise will help very much.

Clench the fist as the arm hangs at the side, and forcefully work the shoulder around, describing a circle as close to the neck as possible. Then repeat with other arm and shoulder.

VEGETABLE CHEMISTRY

Simplified Dietetic Notes That Give the Foods Medicinal Value.
Beets and turnips cleanse blood and improve general appetite, while carrots help to form blood and clear the skin.

Turnips, onions, cabbage, cauliflower, dock, dandelion and beet tops, potatoes contain salts of potash. French beans and lentils contain iron.

Parsley, mustard, cowslip, horseradish, dock, dandelion and beet tops, eaten as greens, are good foods to aid in regulating the system and having a good effect on the blood.

Spinach is recommended by a food specialist because of the salts of iron and potassium said to be contained in it. Water cress has valuable oil, iodine, iron phosphate and other salts.



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Chest Expansion Is the First Study of Singers.

New Indian Animal Stories

The Great Bear and Little Hold-Tight.

By John M. Oakless.

Long time ago, before people even knew how to make the paper on which this story is printed, the little boys and girls who lived among the Indians of this country knew just where to look in the sky for the stars which they called the Great Bear, and also for that other group of stars which they called "Little Hold-Tight." They were the same group of stars we call today the Great Bear and the Little Bear.

Of course, in those days the old people among the Indians knew all about how the Great Bear and Little Hold-Tight got up in the sky, and this was the story they told when the boys and girls asked them questions.

After Old Man Coyote had killed the first bear that ever was killed by the people (even though Old Man Coyote was one of the people only part of the time, when he asked to be changed into human form by the Yumal Tsawidi, who ruled the woods fairies, and even though the leaves which covered over the bleeding bear turned red and then the leaves of all the forest trees turned red as a warning), there were three hunters who said that they would kill a bear, too.

"You must not do that wicked thing," said the chief of the council to the three young hunters. "If you, too, succeed in killing a bear, I know that not even the Yumal Tsawidi can prevent the falling down to the ground of all the leaves of the forest."

But those three hunters would not agree to leave the bear alone, but set out to find a big one to kill. The first bear they came upon, just as the snow of the winter was making the ground white, was a very big mother bear with a baby bear which was almost old enough to go off by itself. Almost, but not quite, so the little bear followed close at the heels of his mother.

Now, when the mother bear heard the three hunters talk about how they would come close to her and kill her, she said to her baby:

"Now, little one, hold tight to me, and with me as fast as you can waddle." And the little one did as his mother said.

So they both ran as fast as they could from the three hunters. And the three hunters ran after the mother bear and little Hold-Tight. All the time they ran at night they made camp just where darkness came upon them. Next day the three hunters went out and saw the tracks of Mother Bear and Little

Hold-Tight in the snow; and they began to follow them. So day after day the hunters kept after the big bear and the little bear, though they could never come up to them.

When, after a long time, when the snow was beginning to go away, the hunters drove the big bear and the little bear up to the top of a high mountain. When they got up there, the mother bear, who was very tired and very hungry by this time, said to the little bear:

"Now, Little Hold-Tight, you take hold of the long hair of my back and do not by any means let go until I say so." So Little Hold-Tight did as his mother said.

Then right from the top of that mountain into the sky stepped the mother bear; and when they were safe from the three hunters, the little bear let go. Ever since that day, up in the sky have stayed the Great Mother Bear and Little Hold-Tight; and because the three hunters did not actually kill a bear, the leaves do not stay off the trees all the time.

EATING FOR HAIR

And Other Ways of Getting and Keeping It in Good Condition.

By a little careful study of the proper foods for nourishment, much can be accomplished. Hair is alive. Fortunately it has no "nerves" or sensation, so may be singed or trimmed without pain. Some have called hair "a vegetable production," because it starts from a sort of bulb root, so here is where the nourishing begins.

Hair delights first in air and sunshine, and it is as essential to it as our bodies. Water is unquestionably needed also. Several suits are found in hair; when it turns gray or falls out generally speaking. These suits are lacking in the system and should be supplied promptly through food.

Next, look after the scalp. If there is dandruff, shampoo every two weeks until it is better. Protect the hair from dust and dirt, strong soap must not be used. A shampoo jelly may be made thus: Melt in one quart of boiling water a small cake of castile soap and a teaspoonful of borax; slimmer it for five minutes; add a few drops of perfume if you like it; pour into wide-mouthed bottles to cool. When ready to use have a large basin of warm water, lean over it, wet the hair, rub until the jelly is over it, the scalp until there is a fine lather; massage it thoroughly and rinse thoroughly in clear water, finishing off with cold water; dry by rubbing with warm clean Turkish towels. Do not hurry the process by sitting before artificial heat.

If dandruff still persists, repeat the process in twelve days; give the scalp a nightly massage, dipping the finger tips in crude or olive oil; either is beneficial for falling hair and will act as a tonic.

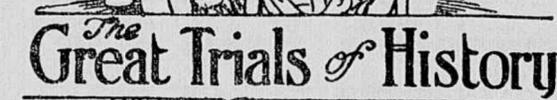
If You Use "Hard" Water.

What is known as "hard" water often leaves a thick coating of lime on the kettle in which it is used. This may be removed with vinegar or sulphuric acid. Be careful to wash the kettle carefully afterward.

For Your Plants.

Carbide, the pearly gray powder left from acetylene lamps, is excellent for use around plants. It stimulates the growth of both flowers and foliage.

The Great Trials of History



TRIAL OF COLUMBUS.

When Christopher Columbus was being carried in chains to Spain at the termination of his third voyage, the only small item of comfort that could come to him was the kindness displayed by Captain Viljo, who was given charge of the prisoner. Viljo was a man of noble rank and character. He treated the admiral on the voyage with the most profound respect, gladly would they have struck off the fetters that bound him, but the admiral would not consent. He proudly said: "Their Majesties instructed me to submit to whatever Bobadilla should order in their name. By their authority I shall wear them until they shall order them to be taken off, and I will preserve them afterwards as relics and treasures of the reward for my service."

Columbus had made many enemies who were jealous of his success, both at home and abroad, and the King and Queen of Spain were made familiar with a number of stories and charges against the explorer. They were not convinced, but finally they sent Bobadilla to investigate. He far overstepped his authority.

On the 16th of August, 1500, Bobadilla landed at the harbor of San Domingo. Columbus was then at Port Concepcion, and his brother, Diego, was left in charge. Bobadilla at once took the measure to supersede Columbus in the government of the island and stated to the people that his authority was supreme.

All the disaffected hilariously rallied round him. He was backed by the armed force he had brought with him. Columbus was deposed, cast into prison and in every way humiliated. When he asked the reason for it he was informed by Bobadilla that his sovereigns had heard that he had oppressed labor; that he had exacted unnecessary tasks; had distributed short rations and had waged unnecessary wars against natives. He was also charged with having secreted pearls and other precious articles which he had collected in his voyages along the coast, and that he had kept his sovereigns in ignorance of many of his discoveries.

To these charges Columbus made dignified denial, but Bobadilla took special pains to degrade the admiral who he could not hear. He took up his residence at the house of Columbus and appropriated his gold, plate and all his letters and manuscripts, both public and private.

While Columbus was in this state of great perplexity and distress, the following laconic and somewhat obscure letter from the sovereigns was presented to him: "Don Christopher Columbus our Admiral of the Ocean-Sea, Comandador General of the Islands of the West Indies, we command Comandador General of the Islands of the West Indies, that you speak to us on our part, something which he will tell you. We pray you give him faith and credence and act accordingly."

"I the King, I the Queen." This note had its effect, and the admiral decided at once to yield promptly to the requirements of Bobadilla until he could accurately ascertain the decisions of the sovereigns. Bobadilla at once seized Diego Columbus and confined him in chains on board one of the caravels. He sent officers to seize Columbus, to place him in irons and to imprison him in one of the cells of the fortress of San Domingo.

The dignity with which Columbus conducted himself in this emergency has won the admiration even of his enemies. Then followed a perfect jubilee of triumphant villainy and dastardly malice. Every base spirit which had been awed into quiescence by the power, now started up to revenge itself upon them when in chains.

A vast amount of testimony against Columbus was gathered from the rebels to be forwarded to the Spanish court. Early in October Columbus, manacled like the vilest culprit, was led through the streets of San Domingo to the ship and the jeers of the rabble.

When Columbus reached Spain he was cast into prison, but for a very short time. While on the road he had written a long letter to his sovereigns, proclaiming his innocence and acquitting them with his treatment. When they received this they were highly indignant, and they sent orders immediately to set at liberty and treated with distinction.

The King and Queen paid not the slightest attention to the accusations which Bobadilla had sent home against him, and his son and nephew, Don Nicholas de Ovando was sent out to succeed him. From their statement, Bobadilla was merely ordered "to ascertain what persons have raised themselves against justice in the island of Hispanola and to proceed against them according to the law."

The King and Queen of Spain did not do this, but the heart of the great discoverer was crushed and he was of very little use thereafter.

STRINGING NECKLACES
Wool Fringe is Supposed to Give Warmth to Coat-Dress.
There is quite a vogue for exercising self-indulgence in the stringing of necklaces now, and girls who can induce their relatives to give them the old clear amber ones are finding them to their liking as a change from the cloudy kind generally worn. They also cut a limited quantity of the beads by threading and knotting them upon colored string, and produce a barbaric appearance by mingling yellow, green and red beads, the second of the string and the third of the small beads.

Yellow and scarlet look exceedingly well, and that combination of color is newer than any having borne arms against England, enjoys universal good will and consideration at Westminster.

Some curiosity having been expressed as to the identity of "Princess Joachim Albert of Prussia" who is described in cable dispatches printed here the other day as having quitted the Casino of the popular Austrian seaside resort of Abbazia with the prince, owing to the loud hissing which

ARTHUR LYNCH UNDER CAPITAL SENTENCE

Present Member of Parliament
Once Was Convicted of High Treason.

BY LA MARQUISE DE FONTENAY.
ELEVEN years ago Arthur Lynch, now Nationalist member of Parliament for County Clare, was convicted of high treason at the Old Bailey, in London, and condemned to death, the capital sentence being subsequently commuted to penal servitude for life. The high treason consisted in having commanded as colonel of the Second Irish Brigade under the Boer flag in South Africa, that is to say, for having as a British native born citizen borne arms against Great Britain.

It is doubtful whether the English government would have come to the length of indicting him for high treason on this account, had it not been virtually forced to adopt this course in electing him to represent them in Parliament.

For during the war in South Africa there were at least three or four dozen instances of men among the Boer prisoners who were recognized, not merely as Irishmen, but even as full-fledged Englishmen, some of them former officers of the British army and navy, who had come to grief, and who had drifted down to South Africa and taken service against the land of their birth. There were five of them among the Boer prisoners interned in the Island of St. Helena.

But although the English authorities, both at the Cape of Good Hope and at St. Helena, were thoroughly aware of their antecedents, and would have been justified, according to the rules of war, and the laws punishing high treason, in bringing them before a court-martial, and in sending them to the gallows, they preferred to affect to ignore their identity, merely releasing them from those tokens of regard and courtesy accorded to those of the enemy's officers and men who were either bona-fide Boers, or foreign soldiers of fortune.

In consequence of his conviction, Arthur Lynch was prevented from taking his seat as member for County Clare in the House of Commons; his election being invalidated. He did not remain long in prison. For, after having won the pardon of a penal servitude convict for just twelve months, he was released on ticket-of-leave by the Unionist government, and three years later, when the Liberals came into office, received a free pardon from the crown. In 1909 he was re-elected to Parliament this time by County Clare, and since then has sat on the Nationalist benches in the House of Commons at Westminster.

The other day Lord Hugh Cecil, one of the most aggressive members of the Unionist party, in attacking the Nationalists, argued that the concession of home rule for Ireland was merely a preliminary to the complete secession of Erin, since many of the Nationalists regarded England as a foreign country, and some even, like Arthur Lynch, had fought against it in war.

Lynch thereupon requested permission of the speaker to make a personal explanation. He admitted that at the time when he fought for the Boers, under the Boer flag, he had not much to do with the British Constitution, having been born of Irish parents. He added that he had been tried and condemned to death and that had produced reflection. That since then England had done a great deal both for Ireland and for Ireland, and that if Great Britain were attacked to-day he would fight for her. He concluded that if he believed what some people of Ulster said they believed, he would even fight for them. His explanation was received with good humor, cheers and laughter.

Arthur Lynch is a very brilliant man of fifty-four, a native of Australia, and a graduate of the Universities of Melbourne, Berlin and Paris; also a doctor of medicine in France, a member of the Royal College of Surgeons in England, a former lecturer on engineering at the University of Melbourne, the author of several standard works on higher mathematics, also on psychology, a journalist and a poet. Married since fifteen years ago to the daughter of a clergyman of the Church of England, he has, ever since the grant of his pardon, been earning his living as a physician in London, and has succeeded in building up a very lucrative practice. In one word, he is a very gifted and interesting man, who, in spite of his having borne arms against England, enjoys universal good will and consideration at Westminster.

WORTH KNOWING
Rub the ends of the ribs of the umbrella with vaseline where they are fastened. This prevents rust.

Make kitchen aprons with a flat seam, stitched on both sides, so that there is no right or wrong, and time will be saved both in washing and in looking for the right side of the apron.

Baked apples are delicious with their cores filled with orange marmalade or chopped nuts and sugar.

In cleaning walls after sweeping with a cloth-covered broom, a lump of art gum, sold for 5 cents, will remove soot just as well as the old-time rubbing with bread and twice as quickly.

Before frying the bacon for breakfast, cut off the rind and dip each strip in flour; then fry or grill quickly. This prevents the fat from running and gives the bacon a better flavor.

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